

Abstract

Title: In-line skating training methodology for the preschool children

Objectives: The aim of this work was to create a methodology for teaching inline skating to preschool children, mainly in the form of games.

Methods: The literary recherche and the empiricism were used in this thesis. The theoretical part was written based on the literary recherche and contains essential information regarding the in-line skating, history of this sport and information regarding the development regularities in the preschool age. The empiricism and the literary recherche particularly are combined in the practical part. Individual games and exercises were created based on my empiricism obtained during the teaching of the in-line skating of the preschool children.

Results: Composition of the simple methodology plan of the in-line skating training in the form of a game. Selected preparatory exercises and games shall the children tackle without major issues. The thesis contains following simple steps – falls, standing up, postures and basics of the ride forward and backward. All these movement skills can be developed in the form of a game.

Keywords: skating skills, kindergarten, age regularities, game, physical fitness, sport, health